

# **ABSTRACT**

225        A yoga mat that may be rolled up tightly and then held  
closed by straps, which wrap around and encircle the rolled  
up mat.    The straps are affixed to the mat by the ends  
thereof being sewn to the edge of mat under an attachment  
strip, which fits along one entire edge of the mat.    A  
230    shoulder strap is also attached under the attachment strip  
between the two straps, so that the mat can be carried over  
the shoulder with both hands and arms free.